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ARTHRITIFUGUM MAGNUM.

A PHYSICAL
DISCOURSE
ON THE
Wonderful Virtues
OF
COLD WATER,

In the CURE of the

GOUT and SCIATICA.

Stone in the Kidneys.

Palsy.

Wind-Cholick.

Cramp.

Red and Pimpled Faces.

Catarrhes.

Hoarseness.

Pains, and Crudity of the
Stomach.

Pains of the Head, and
Teeth.

— of the Shoulder,
Back, and Loyns.

Inflammation of the Eyes.

Benumb'd HANDS and
Feet.

Strains, Bruises, and Swel-
lings.

Green Wounds.

TRANSLATED from the LATIN of
HERMAN VANDER HEYDEN
An Eminent Physician of Ghent.

Tollere nodosam nescit Medicina Podagram;

Nec formidatis auxiliatur aquis. Ovid.

L O N D O N :

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T O

Sir RICHARD STEELE, *Kt.*

T H I S

TRANSLATION,

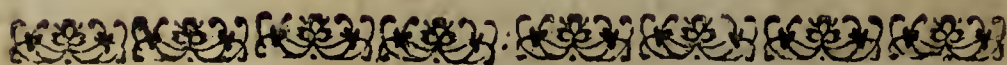
Is inscribed

As a Testimony of Respect
and Gratitude,

B Y

His most obliged

faithful humble Servant,





THE PREFACE.

THE Learned Physician, Author of that most scarce and valuable Treatise, from which the following Discourse is Translated, publish'd it first in French A. D. 1644; and after it had a favourable Run in the World for about five Years, he was perswaded by some Persons of Note to Reprint it in Latin, as being a Language more generally known throughout the World, and esteem'd, even in the most Barbarous Nations. Having prepar'd it to see the Light in this new Dress, he Dedicated it to some of the Principal Members of the Provincial Council of FLANDERS, and of the Chamber of Law then residing at GHENT, to whom he took notice that he had practis'd Physick for at least 53 Years,

and had, during that Space of Time, confirmed himself in the Knowledge of those Particulars he Treats of, by EXPERIENCE, the Mother of all Physical Observations.

The Book was usher'd into the World by an Approbation, the Repetition of which, will render it needless to add any Thing more to the Character, either of That or its Author, who has modestly submitted his Thoughts, as we do the Translation, to the Learned Faculty, and the Courteous Reader.

A P P R O B A T I O.

‘ Libellus hic novus ac rarissimos, &c. i. e. Whereas this
 ‘ little Book, containing new and rare Physical Discourses proved
 ‘ first by HERMAN VANDER HEYDEN, a Doctor of Phy-
 ‘ sick, of very great Experience, and admitted into Practice by
 ‘ others far and near, with happy Success, hath nothing in
 ‘ it contrary to the Orthodox Faith or to Good Manners, ’tis
 ‘ worthy to be Translated, and Publish’d to the World, for the
 ‘ Comfort and Cure of the many Afflicted. Dated at
 ‘ Ghent the 9th of March 1649.

Sign’d

NICHOLAS BREYDEL Licentiat
 in Divinity, Canon and Chaun-
 ter of the Cathedral Church of
 St. Bavo, and Licenser of Books
 for the Press.



*Nothing is more useful both for
Preventing and Curing the*
**GOUT than COLD
WATER.**



YOU will perhaps think me a very rough Physician, if not a Quack, for prescribing such a Remedy to my Patients as **COLD WATER**,--- But I do affirm there is not in Nature a greater Preservative from the **GOUT**, if it be taken at least twice a Year, in the Beginning of the Spring and Fall, and continued for several Days together: Or, else if it be taken some Days immediately before its usual Attack of the Patient. Nor is any Thing of more efficacy than **COLD WATER** for asswaging its Torturing Pains, when the Fit is upon him, especially if, besides taking of **COLD WATER**, he Breathes a Vein. No Man will deny this who sets about calmly and without prejudice to discuss those pregnant Reasons, if not Demonstrations, with which I prove that the Pains of the **GOUT** proceed either
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from Acrimony, or Saltnefs, and consequently from Heat. Nor shall a Man need to be shock'd at this Hypothesis, because perhaps he hath many times known Old Men, and some that were moreover Dropfical, to have been afflicted with this Disease; for there is even in Them a sufficient stock of Salt Serous Humours to cause it.

The Parts affected here, like as in the Erysipelas, swell by reason of a Cold Humour, because by the Malignancy of such Humour the Natural Heat is too much weaken'd.

Neither will it seem strange to any one that the Parts afflicted swell from a Cold Humour, for he ought to consider that when the Natural Heat is weaken'd by reason of this Malignant Humour, it cannot be otherwise; and, for the better Illustration of this Point, he ought especially to consider that the Part of the Body which is seiz'd with an *Erysipelas*, presently begins to have a moist kind of Swelling, which since 'tis not imaginable that it should be caus'd by the mutual Conflux of both Humours, we must believe that it proceeds from the Malignant Heat of the Choler, which hath so far weaken'd the Natural Heat, which Bi-
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lious Humour as it is compar'd to the Element of Fire, so when it is kindled to an extraordinary Degree, it burns the Part affected like Fire it self, and raises Bladders.

The Opening of a Vein in or near the Part afflicted does a great deal of good.

But, suppose that the Virtues of COLD WATER in the Cure of this Disease were never so display'd before, or that its other most excellent Powers have hitherto been neither written nor heard of: Suppose this, I say, must the vast Abyss of Physical Knowledge in Medicine and the Methods of Cure, have been necessarily exhausted before this? Is it impossible to say or write any Thing deducible from the very Principles of Reason which may be effectual in the Cure of Human Infirmities and Distempers, and particularly the intolerable Torments of the GOUT and other Pains? Certainly, there are many that have groan'd under those pungent hellish Torments, who will rejoice in an Opportunity with a grateful remembrance, publickly to extol the Excellency of COLD WATER, with which they have happily asswaged such Tormenting Pains. And those who have more-

over open'd a Vein, either upon the Part affected, or near it, will give it no less an Encomium.

And to the End that what is for the publick Good may publickly be known, (I shall be ingenuous with those that are so) many have testify'd to me seriously, that, among the various Medicines which are in use for the Cure of this Disease, they have not known nor applied any that have asswaged, and stopp'd, if not for ever eradicated (as it hath sometimes done) the intolerable Excesses of this Pain so much as COLD WATER, especially when to it is join'd the Letting of Blood.

For it is very certain that the Pains in the GOUT are caus'd, not by any Cold Defluxion from the Head, but by a Hot Humour which is either Sharp or Salt, bred in the Liver, and collected in some neighbouring Part 'till Nature drives it forth by the *Greater Veins* into the *Capillary* ones, as into small Channels design'd by Nature for conveying the Humours, whence 'tis carry'd to the Joints, together with the Aliment provided for Nourishment of the Body; and commonly its first Attack is upon the Great Toe, and as the Cause of the Disease increaseth, it afterwards seizeth other Joints also.

*Why Revulsion or Derivation seldom takes
Place in the Opening of a Vein.*

For this cause therefore I order that a Vein should be open'd in the same Great Toe, and also in other Parts very near to the Place afflicted, that so the next Antecedent Cause, which lies in those Veins, and fomenteth the Concomitant Cause lying near it, may be removed: Which when taken away, the Pain either abates or altogether ceaseth; for I cannot believe that the Concomitant Cause lyeth in the very Joint, where the Bones are not wrapp'd about with any *Periostrum* which is of most exquisite Sense; (for then any Motion would be painful) but instead of that, they are environ'd with a Gristle, and connected with Ligaments that are void of all Sense, so that the Pain must therefore necessarily be Attributed to the neighbouring Parts which are most sensible; in the producing whereof, seeing that this Antecedent Cause is also to be supposed to concur, I am clearly of Opinion, that we ought immediately to open a Vein upon the Part it self, without Letting of Blood by way of Revulsion or Derivation, unless Revulsion be requir'd by the Plethory of the Body, the Youth of the Patient, or by
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the Aptitude of the Part, formerly the Seat of the said Distemper, for such Revulsion. For otherwise, you ought to be careful how you take away too much Blood, both because my Opinion is that People ought to let Blood once or twice every Year by way of Precaution, and especially in the Great Toe, as aforesaid, or that Part of the Body which has been most afflicted with the Disease; and also, because when it has seiz'd upon several Joints at once, the Violence of it requires the Opening of a Vein where neither the Age of the Patient, nor any other Impediment hinders.

And since it is confessed and assented to by all Physicians that *Contraries are cured by Contraries*, why may I not raise my Voice, and take up my Pen in praise of COLD WATER? Especially, since I am able to produce Experience on my side, (the Mistress of all Sciences) and that back'd always with the most substantial Reason.

Old Men find COLD WATER very good against the GOUT.

I speak here not of Young Men, nor of those of Middle Age, but only of Old Men, (who by reason of the Saltness of Humours wherewith they commonly abound, are very much subject to this Cruel Dis-

Disease) many of whom, when they actually felt, or were in dread of this Torment, have by my Advice, immediately took to drinking of COLD WATER, which they repeated constantly for many Days, Weeks, and Months, with such good success, that several of them, who have been even advanc'd to a very great Age, have found abundance of Ease by it, and that without any Offence to the Stomach or Hindrance of Digestion; and have continued thus now for some Years together, only drinking a Glass of it every Morning, which they resolve not to leave off, as long as they live. And some that us'd to drink Wine constantly, have since drunk WATER at their Meals with Moderation.

And though in an inveterate GOUT, or where the Patient is very old, or where there are other Causes, either manifest, or occult, hindring it, I have said that the Use of it will signify little, if any thing at all, yet I here testify to the World, that I have had good success on very many Patients of this sort, to whom I judg'd the Use of it might be convenient.

As for all other Remedies, whether call'd *Anodynes* or *Mitigatives* of Pain, or those they call *Discussives*, which dispel the Morbific Cause in the GOUT: I do but just mention them, because as the *Anodynes* by

too much relaxing the Parts affected, open an easy Passage for the Return of the sharp Humour, so the *Discussive* by over-drying those Parts make them susceptible of that GOUT which is *Knotted*.

Applications which assuage the Pain.

But for those that cannot or will not bear the Excess of its Pain, and yet abhor to drink COLD WATER, or to be let Blood upon the Part affected, they may make use of the common Poultices made of the Crums of white Bread, or rather of the Powder of the Root of *Althea* boyl'd in new Milk to a Consistence, and beat together with Oyl of *Lillies*, or fresh *Butter*, mix'd with a little *Saffron*. There are some who chuse rather to make use of an Ointment made of raw Yolks of *Eggs*, and *Rose Water*, heated together over the Fire; and there are others who say, they have found very much Ease by soaking their Feet or Hands in a Bath made of *Castile Soap* as hot as they could bear it, and by taking them out when it begins to be cold. And there are some also that make use of the Lees of *Red Wine*. Others again say, they have found great Benefit by an Ointment made of *Spanish Wine* and Oyl of *Olives*, of each an equal Quantity, boyl'd to one half, and
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apply'd hot to the Part affected: Which being done by chance, or just in the nick of Time, may, if not of it self, yet accidentally, have asswaged the Pain.

The Joints of the Shoulder and Hip are seldom or never afflicted with the Gout, after 'tis once remov'd,

Neither is this taking of COLD WATER (as I have recommended it) useful only in Curing the Pains of the GOUT in the Feet, Hands and Shoulders, but also the *Sciatica* or *Hip Gout*, (which is the most intense and extensive of all :) And whoever will but grant that the Cause of *this* GOUT proceeds from the very same Acrimony, or Saltness of the Humours, if not from a greater, will not think my Advice so strange, if while the Distemper is but newly begun, COLD WATER be taken according to my Prescription, (*viz.* Well or Spring Water) an hour or two before Supper, (because this Disease commonly rages most of all toward Bed-time,) or at any other Time when the Party is in Pain, taking it in this Manner by way of Prevention, and repeating it every Morning. Nor will any one think it so incredible, that very Aged Persons have often been Cur'd of the *Sciatica*, perfectly, and for ever, in the Space of four or five Days, without any other Remedy,

if he does but consider with me that this Gout is not subject to Recidivation, as is that of the Feet and Hands. Why the Joints of the Shoulder and the Hip are so free from any Return of those Tormenting Pains, (for they are very seldom taken with them a second time,) I shall leave to the Examination and Discussion of others, lest I should seem to contradict the Brevity I aim at here, by offering Reasons on this Point which are only plausible.

That Cupping Glasses, or Leeches, be used where the Veins do not appear on the Hip or Shoulder.

Now in case any Vein should appear either upon or about the Hip, it would without doubt be very proper to open it; but where none appears either upon the Hip, or the Shoulder, we successfully apply Cupping Glasses, and more than ordinary Scarifications, which Glasses (or instead of them Leeches,) must be put upon those very Parts of the Thigh or Leg where the Pain is most violent.

The outward Ankle Vein to be open'd.

'Tis very proper also in this Case to breathe the Vein that lies on the outward Ankle,

Anckle, which is therefore call'd *Ifchiadica* or the *Hip Vein*, as in like manner when the Shoulder is affected, 'tis of great Service to let Blood in the *Cephalica* or *Mediana*. But forasmuch as these Veins are so far distant from the Part affected, no doubt that Evacuation which is perform'd by Cupping, Glasses and Scarifications on the Part, since 'tis more likely to remove the Cause of the Disease, will deservedly be esteem'd to be of the greatest Service. For by applying of these, together with opening a Vein, by my Prescription, and taking away from the Party twelve Ounces of Blood, or a little more, a most cruel and inveterate Pain in the Shoulder hath presently vanish'd; and one that is but just fallen upon the Part is by the same Means cur'd very easily.

Purging Medicines are of use through the whole Course of the Disease; and sometimes Sudoriferous Decoctions.

I add moreover, that purgative Medicines have their Use also throughout the whole Course of this Disease; after which I have known that the *Sudoriferous Decoctions* of *China*, *Sassafras*, or *Guaia-cum*, have had the wish'd Effect on many, where the Disease has not been of too short, or too long Continuance. But this Sweating must be repeated for several Morn-

ings together, and that it may be the more plentiful, and that the Concomitant Cause may be the better exhausted, or drawn forth, You may apply upon the Hip a Bladder half full of the warm Decoction of Sage, Hyssop, Thyme, Rosemary or the like Herbs. But in an old Grief, a large Blistering Plaster spread over the whole Hip used to be the most effectual Remedy, and sometimes Recourse has been had to the Red Hot Iron.

When COLD WATER is useful in Pains of the Stomach, and Hoarseness.

Neither ought it to seem strange to any, that this Disease is cured as well by hot Remedies as cold Ones ; for of these such as do not any Good of themselves, by refrigerating and repelling the hot Quality of the Humour, the same notwithstanding by drawing the Humour it self out of the Part affected, do accidentally Cure the Pain ; as we see the Inflammation of a burnt Finger is drawn forth by Fire, and a Tertian Ague cured by Rhubarb. Neither shall I here omit to acquaint my Reader, that as COLD WATER taken an Hour or Two before Supper cures the Pains of the Gout ; so also where a Glass of it has been taken immediately after Dinner, it hath given great Ease
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sometimes to certain Pains of the Stomach; nay more, a raw Apple, which is Sharp or Soure, taken at Supper-time with a Cup of COLD WATER, instead of all other Meat and Drink, hath very often been so serviceable to Preachers and others who had newly contracted a Hoarseness, that they have had their natural clear Voice again the very next Day. Some will suspect me for approving the Use of COLD WATER in those Distempers, which seem to be attended with Crudity and Flatulency; whereas Galen, on the contrary, says, *That a hearty Draught of COLD WATER in a burning Fever, is a most present Remedy.* Yet, since 'tis evident enough, that in Cases which were difficult, and somewhat dangerous, the Use of COLD WATER has been the only Remedy, the same may be taken without any Fear for some Days, nay Weeks together, in divers Disorders which may happen, and very good Success may be expected from it.

Thus such as have Fiery Faces and Carbuncled Noses, with many Pimples (which commonly proceeds from the Fuliginous Vapors of Wine or Strong Drink,) or have any other the like Cutaneous Disorder in other Parts of the Body, proceeding either from a Salt, or Acrimonious Humour, by taking COLD WATER every Morning for
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some Days or Weeks together (as the Case requires) may without any Expence or Hindrance of Business, relieve themselves, and recover the natural Colour of their Face and Skin. Nor is it any matter at all whether this Redness proceeded from too freely drinking the aforesaid Liquors, or from a Hot and Dry Distemperature of the Liver.

COLD WATER *good against the Stone in the Kidneys.*

The *Stone* in the *Kidney* being in like manner owing to the same Distemperature, as its Efficient Cause, 'tis therefore not to be doubted that the taking of a Draught of **COLD WATER**, repeated for some Days together, (as I my self have observ'd) is in this Case very good. Which seems also to be sufficiently insinuated by *Piso* and *Alexander*, who both testify that warm **WATER** drunk in the Morning, constantly for some Days together, did so much Good to those who were troubled with the *Stone* in the *Kidneys*, that in several, after voiding of the first *Stone*, never any grew there again. But indeed I am of Opinion, that in his Case, **COLD WATER** would give the Patient as much Relief as Warm, not doubting but that either of them are very good,

good, yea, and *Hot Water* too, tho' I cannot help giving the Preference to *Cold*. And indeed it may be taken without fear of any Crudity, which the Authors now mentioned seem to suppose COLD WATER may occasion. There are some also who thankfully acknowledging the Great Benefit they have received by me, do still, as often as they rise from Table, venture to take a Draught of COLD WATER, and that without any Fear of Crudity or spoiling Digestion; nay when they have happen'd to over charge their Stomachs either by Eating or Drinking, they are wont of their own Heads (tho' perhaps they may be too venturesome, for this Method will not agree with every ones Constitution) to fly immediately to COLD WATER, that they may presently keep out all Crudity, and suppress Drunkenness itself. And as to Crudity, I think *Cornelius Celsus* was also of this Opinion, when he prescribed the drinking of Water to such as are troubled with raw and soure Belchings.

COLD WATER good against the Crudity of the Stomach.

Nor will this seem absurd to any one that shall but consider that this Cure (which either cannot in any measure at all, or not
fully

fully be effected by the Use of *Wine, Meats,* and other Hot Things which are here deservedly commended) may happen by accident, when the *Stomach* being either distended by Wind, caus'd by the Weakness of the Heat, or else being too much relaxed by the Use of moist and unctuous Things, begetting *Crudities* within it, is contracted by the *Cold Water*, and its Orifices so closed that the Mouth of the *Stomach* being shut up, the Vapours are hinder'd from ascending, by which means 'tis certain that the Heat will be united and consequently the *Crudity* hinder'd, and a stronger Appetite excited; and for this Cause 'tis suppos'd that *Hippocrates* calls Water a *Devourer*.

Nor is COLD WATER useful only, taken inwardly in internal Diseases, but apply'd outwardly also it Cures the external Pains of the Body.

That the Immersion of Benumb'd Hands and Feet in COLD WATER recovers them.

And I desire I may not be Censur'd, as Talking at Random, if I take upon me in this place to affirm, That in a hard Winter, when the Feet have been so Benumb'd and Frozen that the Toes stood out

out like Sticks; they have lost their stiffness and again return'd to their former State, by putting the Feet at certain times into COLD WATER, renewing it sometimes, and bathing them after this manner about half an Hour. And that this is grounded upon Reason, may be collected from hence, *viz.* That the Blood being by this other Cold repell'd towards the Bowels, and being united and knit together, by continuing there some Space of Time, acquires the greater Strength; by which means possessing it self of the extreme Parts of the Feet in its Return, it overcomes their Cold Distemperature, and revives that Natural Heat in them, which was in a manner extinct. And this Effect will be so much the more certain, if while the Feet are in the Water, the Party drink a good Draught of Warm Wine spiced with *Nutmeg* or *Cinnamon*, that the Blood may by this means make its way with the greater Vigour and Efficacy to the Feet, whose Recovery is discerned by the Redness gradually descending, as on the contrary 'tis a Sign that those Parts are mortify'd which partake not of that Red Tincture. These things being done, let the Feet and Thighs be wip'd dry with a Linnen Cloth, and well Soap'd with common Soap, but without

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any

any Fire, because for a time the Party must not go near one.

COLD WATER. *Cures the Cramp, call'd, Tetanus.*

Thus *Hippocrates* says, *Lib. 5. Aphor. 24.* That kind of Cramp which is call'd *Tetanus* may be cured by COLD WATER. And I have heard from a Person I could depend upon, that one taken with the Palsy in the Leg, Arm and Shoulder, by the continual Application of Cold Water (which was sometimes renew'd) for two or three Hours together, was perfectly cured the very same Day. Nevertheless, this is a Remedy I have not yet made Trial of in Practice, because there are very many who much suspect it; although in some Resolutions of the Parts, it seems rational and probable enough to be attended with the wish'd Event, since 'tis manifest that many who have been seiz'd with a Palsy, have been cur'd by a sudden Fright. Whence we are to suppose, that by this impetuous Repulsion of the Blood inwards, the Spirits were so chafed and heated, that they were able to force their way through the obstructed Nervous Parts of the side affected; and so by dissolving the viscous Humours that had obstructed

structed the said Parts, and quite dispelling them, restored voluntary Motion to the Patient.

A sudden Fright hath driven away a Quartan Ague.

And that by the same means many have been cured also of a *Quartan Ague*; the Examples in History are so fresh, that we need not trouble ourselves with producing them.

Some taken with Convulsions cur'd in like manner.

So we read that some who have had their Nerves so contracted for several Years, that they could neither go nor stand, being provok'd to sudden and most vehement Anger, have risen up in an Instant and pursued their Enemy; and so by this means, by the forcible breaking forth of the Blood and Spirits towards the Legs and Hams which are affected, the Humour that was there collected being attenuated and dissolv'd, they have recover'd their natural Motion, and ever after retain'd it.

Thus the Historian tells us, That when *Cræsus* was taken Prisoner, his Son who was Born Dumb, seeing a *Persian* who did not know the King, rushing on him to

kill him, was struck with such a sudden Pannic, and fell into such a violent Passion, that he who never spoke before in his Life, cry'd with a loud Voice "Ανδρῶν τε μὴ κτεῖνε Κροῖστον
Ne perimas Regem Cæsarem. Hold Villain, Don't kill him, 'tis the King. And thus what had always been the Impediment of his Speech being remov'd, he talk'd freely ever after as long as he liv'd. Whence we may also observe that a greater Effect must be produc'd by the concurrence and contest of both Passions together, *viz.* by a *Fright's* driving the Blood and Spirits inwards, and by *Anger's* driving them outwards, than if the Operation had been by one of them alone,

How an Exhalation press'd on all sides becomes rarify'd, and causes Lightning.

We are much more astonish'd at the Violence of Lightning; This is generated by a hot and dry Exhalation, which by an Antiperistasis, while it is close pent up by a thick cold Cloud, is so rarified that it obeys the universal Law of Nature which abhors the Penetration of Dimensions (lest two Bodies shou'd lie together in one and the same Place) as much as a *Vacuum*; And at length being kindled it breaks thro' the Clouds with a horrid Noise and Crack,
and

and by its violent Eruption and impetuous Motion plainly destroys and rends in Pieces whatever is so hard as to resist it, not at all hurting such Bodies as are Porous.

That a hot and dry Exhalation of Wind being also rarefy'd, produces an Earthquake.

The like also may be supposed of Earthquakes which are caused by a hot and dry Vapour, got within its Bowels, and also by that which is naturally ingender'd there, and so shut up within its Cavities that it cannot get out, till after much Agitation, it is at length so rarify'd, that being forc'd to raise up so vast a Weight that lies upon it (meerly to avoid the aforesaid Penetration of Dimensions) it hath sometimes brought forth Mountains: And on the contrary, according to the Disposition of the Place, and the Violent Eruption of the Exhalations it has at other times swallow'd up great Piles of Building, nay and whole Cities too in its vast Caverns. For there does not seem to me the least Probability that so horrid a Motion of the Earth should be rais'd meerly by the struggle of the Wind to recover its natural

natural Situation, unless that to this end there be a sufficient Rarefaction of the Exhalation. And then 'tis certain that such Earthquakes are of the largest Extent, and withal the most terrible, where there is a Co-operation of Sulphureous and other Hot Mineral Exhalations kindled elsewhere.

The like is seen in Gun-powder on Fire.

Just so we see it is in *Gun-powder*, which in Mines takes up very little space, but as soon as it catches Fire, requires the greatest, and over-turns and destroys the strongest Walls and Bulwarks, to make way for the Besiegers Entrance into the Town.

And if we may compare small Things with great, how unspeakable is the Power in that Supreme Order of Intelligent Beings, (I mean the Angels) who are also call'd Spirits !

That the Agitation of the Spirits does also produce wonderful Effects in Man.

Now since the said Exhalations produce such admirable Effects in the Greater World, why may we not believe the like of the Microcosm, where the Humours may be compar'd to the Elements, and our Spirits are sufficiently disposed for the admitting a
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fort of Inflammation, as is perceivable, when shutting our Eyes very close, we see a certain Animal Spirit, representing Ætherial Fire and the Light of the Stars.

But we leave this Digression to proceed to our intended Discourse of the Motion which is put into our Blood and Spirits by COLD WATER.

Strains, Bruises, and huge Swellings
cured by COLD WATER.

I shall here affirm what seems to carry much more probability, *viz.* That all Strainings of the Joints, and all Contusions on the same, or any other Part of the Body, as well as any huge Swellings, may be much more safely and certainly cured by bathing the Part in COLD WATER as aforesaid, than by any other Remedies, and this without any Charge, Trouble, and Loss of Time. Thus the Hands, and especially the Feet, which are commonly most liable to such Strains and the like Accidents, may be restored to their former Use and Strength by such Immersion, tho' it be not used 'till two or three Hours after such Accidents, so it be done carefully, and by shifting the COLD WATER sometimes, which (as I have seen more than once with my own Eyes,) hath in the space of an Hour repell'd a Humour

mour which to many seem'd so far settled, by reason of such Delay; that there could be no hopes of repelling it, and that, by reason of the Bruise and the very great Swelling of the Part, it must be brought to Suppuration, or else be dealt withal as Blood extravasated or gather'd without its proper Vessels: And yet, the Humour here still continuing in the Capillary Veins, which are dilated and swoln together with the Flesh, when it cannot be discuss'd, is repell'd by COLD WATER, if the Use of it hath not been deferr'd too long; altho' I am very certain that where it has been altogether neglected till the next Day after, yet the continuing it the above-mentioned space of Time has made a perfect Cure where the Swelling has not been too great: Which Misfortunes, since they happen very often to Carpenters, Smiths, and Masons, and all such Labouring Men, they have this most excellent and present Remedy always at hand.

And here I cannot but take notice, that *Hippocrates* had very good Reason for telling us, that the GOUT was to be cured by a large Effusion of COLD WATER; for 'tis certain that holding the Foot a long while in it, abates both the Swelling, Redness and Pain. But since that by the Return of the Corrupted Blood to the Part affected,

affected, the Pain may easily be renew'd, I think it very proper that this Bathing in COLD WATER be repeated five or six Days together. And in this Sense do I understand the Doctrine of *Hippocrates* to the great Comfort of the Patient, who will find the Pain and the Continuance of the Distemper so far lessen'd by it, that now it will hold him no more Days than otherwise it would have done Weeks.

Some also who have had the GOUT in their Feet, in order to prevent its Relapse as far as possible, use such Bathing in COLD WATER every Day, so long as a Man may be saying over the Lord's Prayer; but forasmuch as the Acrimony of the Humour is not always to be suppress'd when one wou'd have it, nor the Humour it self to be purg'd out, the same may farther be suppress'd by taking of COLD WATER inwardly, and the Humour it self may be evacuated, as Occasion shall require, either by Bleeding or some proper Purge.

That the Immersion of the Head in COLD WATER, gives Relief in the Head-Ach.

Nor is this Bathing in COLD WATER a Remedy in the Pains of the Leg only, and its Joints, but it gives Relief in inveterate
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Pains of the Head and troublesom Defluxions. For 'tis certain that if the Head be put into COLD WATER, from the Middle Bone of the Hinder Part to the End of the Nose, (leaving out the Nostrils only for the sake of Breathing,) for about as long a space as a Man may be saying the Lord's Prayer; the Pain of the Head, tho' it be violent and of long standing, is often thereby removed, and the Defluxion stopped: — Or else, instead of such Immersion of the Head in COLD WATER, (which seems to be improper, especially for Women) a Linnen Cloth dipp'd in COLD WATER, and often wetted, and so apply'd to the Head may do as well: For since the Moisture of the Water is not so much required here, as the piercing Cold of it, I think a Linnen Cloth that has been dipp'd in COLD WATER, and well wrung (changing it sometimes,) might be successfully apply'd to the Head for the space of a Quarter of an Hour, after having first covered the Head all over with another dry Linnen Cloth doubled.

What has very much confirm'd me in this Opinion, is an Experiment made upon a certain English Knight nam'd Sir *Toby Mattheus*, a Man as eminent for Wisdom as worthy of the publick Trust. This Gentleman had been troubled twenty Years with

with a raging Pain on one Side of his Head, and with such a continual violent De-fluxion from the Head, distilling in so great a quantity thro' his Palate and Nostrils, that his Pocket Handkerchief was always wet ; but by this Immersion of his Head, in COLD WATER, he was so happily cured of both these Disorders in the 60th Year of his Age, that to his 70th Year which he hath now pass'd, he hath felt nothing of either all the while ; and being now better in Health than ever he was in his Life before, to prevent a Relapse he fortifies himself by dipping his Head in COLD WATER every Day of the Year, the Depth of Winter not excepted. And he says he was oblig'd for this wholesom Advice to a certain English Nobleman, who after he had been a long time much Tormented with the like Pain, had by this Means cured both himself and a great many others in the same Disorder, and restored them to their perfect Health, to every Body's Admiration.

The Immersion of the Head into COLD WATER as it is grounded on Reason, so 'tis confirmed by Testimonies.

And daily Experience confirms the Reasonableness of this Practice. For 'tis cer-
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tain that the Skin of the Head is by this Means so harden'd, strengthen'd, and fitted to resist the Cold, that it fortifys it against the coldest Weather that can happen, and against other external Injuries, and mitigates the Hot Distemperature of the Head and its sharp Humours, and either qualifys or repels such Vapours as ascend out of the Stomach, Veins, and Arteries. This too seems to be establish'd by the Authority of *Cornelius Celsus*, Lib. 1. Cap. 4 and 5. where he saith, *Eos, quibus caput infirmum est, et assiduis lippitudinibus, gravedinibus, destillationibus, et tonsillis laborant, nihil frigidâ aquè prodesse posse, caputque per astatem largo canali aliquandiu quotidie subjiciendum et perfundendum esse, i. e.* That for those who are subject to Infirmities in their Head, and are continually troubled with Sore Eyes, Stuffings in the Head, Destillations, and Swelling of the Glands or Almonds of the Ear, nothing is so good as COLD WATER; where let the Head be held for a little while, every Day in the Summer, under a Spout of running Water. Hence comes it that some who have had brave healthy Boys, in order that they might continue so, have suffer'd them from their very Infancy, to go bare-headed and to expose themselves to all external Injuries, according to the Doctrine of the same *Cornelius Celsus*.

Celsus, who advises in the Beginning of his First Book, that all Persons who are in perfect Health, and at their own Disposal, should accustom themselves to such a hardy Way of living, and that in the rest of their Regimen, and in their Course of Diet, they should observe a kind of Indifferency, (Eating and Drinking sometimes more and sometimes less) provided, the Excess in either case be not too great. Which seems to have been the very Opinion of *Hippocrates*, who tells us *assueta deteriora, insuetis minus nocere*, i. e. That bad Things to which we are accustom'd do less Hurt than those to which we are not used. But I would not have these Things done rashly and without the Advice of an able Physician.

The Tooth-Ach cured by C O L D W A T E R.

The Tooth-Ach also has often been cured by Bathing the Part affected, and those too which lie higher beyond the Temples, with C O L D W A T E R, and repeating the said Application.

Inflammation of the Eyes cured after the same Manner.

And I have known that doing thus several Times has cured an Inflammation of the Eyes, when taken in the Beginning.

Pains

*Pains of the Shoulder, Back and Loyns,
cured in the same Manner.*

In like Manner I have before related and prov'd, that the grievous Pains of the Shoulder and of the whole Arm have been remov'd by the same Means.

I have found likewise by Experience that the most raging Pains of the Back and Loyns, have very often been dispers'd, where, according to my Advice, the same Application has been us'd.

*The Application of COLD WATER
to the Parts about the Kidneys, may
be good against the Stone in the
Kidneys.*

And as the Stone is ingender'd and increas'd in the Kidneys, by standing with one's Back towards the Fire, or if the Back be over-heated by lying in a Feather-Bed, so 'tis very probable that the Hot and Dry Distemperature thereof, proceeding from the above, or any other Cause whatsoever, may be remov'd by dipping a Linnen Cloth in COLD WATER, applying it to the Part for a pretty while, and repeating the Application several Times.

Children

Children also who have not been able to stand on their Feet by reason of the extreme Pain, have found great Benefit by the afore-said Bathing of the Legs, as far as the Knees, a good while together in COLD WATER according to my Direction.

The Wind-Cholick cured by Bathing the Leg in COLD WATER.

By the said continued and often repeated Bathing the Legs in COLD WATER, and consequently by the repelling of the Blood and Spirits towards the Heart and Liver, the *Wind Cholick* has been discuss'd, tho' I should rather make use of some other Remedy.

Neither doubt I that every one will heartily subscribe to the Truth of the Premises, who when Occasion offers, shall only make Trial of the said Experiments, at least of those which I have said I have found to be true. For there are some of them I own, which tho' being deduced from solid Principles, they seem to promise happy Success, yet for as much as I have not confirm'd them by my own Experience (as where I speak of them, I have faithfully confess'd,) I have left them to the further Examination of others.

COLD

COLD WATER *cures both the Cold and the Hot Distemperature of the same Part.*

Certainly, that which at first View may seem strange, will not appear so unaccountable to any Man who will but seriously consider, that this same **COLD WATER** apply'd to any Part of the Body, may cure the contrary Diseases of the same, as it does in the foremention'd Benumbedness of the Fingers, Toes, and Legs, by the Immersion of which in **COLD WATER**, the Blood and Spirits are driven back towards the Liver and Heart; and after some reasonable Stay there, their Forces being increas'd by reason of a doubled Heat, in their return they over-master the extreme Cold Distemperature of the Feet and Legs: And so again, at another time (notwithstanding the Philosophers Axiom, which says, *That one and the same Thing so long as it continues the same, necessarily produceth one and the same Effect,*) the said **COLD WATER** apply'd to the same Part of the Body which is inflam'd, bruis'd, and extremely swell'd, cureth its Hot Distemperature.

COLD

COLD WATER *cures all Green
Wounds without any Suppuration.*

All these Things being consider'd, it was not without some special happy Omen that I fell into this Perswasion, that many Kinds of fresh Wounds, as well in the Head as other Parts, might be perfectly cured after the same Manner by the first Intention; forasmuch as by this Immersion into, or Application of **COLD WATER**, the Blood is repell'd very far back, and its Vessels thereby clos'd up, so that the Conflux of the Blood and other Humours to the Part affected is thereby hinder'd; whereas otherwise by reason of the Weakness of such Part, it would be admitted, nay and drawn thither by its Heat and Pain, and would dispose it towards the Generation of purulent Matter, and sometimes would cause an Impostumation or an Erysipelas, (neither of which is at all to be fear'd here) as it happens when the *Periostium* or Skin, which wraps round the Shin Bone is inflamed by a Wound or Bruise; so that it turns to a Mortification of the Neighbour-

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ing Parts, and frequently of the whole Body. I have treated more largely of those Accidents which sometimes happen to the Young, and often to the Old, that the most evident Danger of such a Misfortune, might be more and more avoided and prevented, by a Remedy so easy and so ready.

For it is certain that the aforesaid Immersion in COLD WATER, if made use of as it ought to be, so soon as the Injury is receiv'd, or within some few Hours after, will make an infallible and perfect Cure. And I can assure the Reader from the most curious Observation, that for 53 Years past (for so long it is that I first thought on this Way of curing Wounds upon the Leg, which I had never before either read or heard of,) I have never known such Injuries very painful, much less fatal to any of my Patients, but have always found all the Success that could be desired.

Thus in Autumn, *Anno* 1647, in a Wound which extended almost from the Knee to the Ankle, the Patient, tho' very Old too, after he had by my Prescription bath'd his Leg a good while in COLD WATER, had not the least Pain in it, nor any purulent Matter in the Wound, which was entirely owing to that effectual Repulse of the Blood, and the other Humours and Spirits
by

by the said COLD WATER: Which, lest by the Patient's too rash Motion, they should happen to fall down again upon the Part affected, it was necessary for him to be for a while very still and quiet. In order therefore to proceed justly and safely in these and the like Accidents, this Immersion must be continued at least for half an Hour, or rather an Hour, and the *Water* renew'd 'till the Part affected is reduced to its former Temper, or rather made colder than before, that so the aforesaid dangerous Symptoms may be hinder'd with the greater Security. This being done, nothing at all must be laid upon the Wound but some of that small Membrane or thin Skin, that sticks to the Shell of an Egg, which must be very carefully watch'd that it may keep on for some Days or Weeks together, according to the Constitution of the Patient, and of the Part affected, 'till the Wound being clos'd up, it falls off of it self: And yet I have often observ'd, that where this Egg-Skin has been gently taken off, Nature it self hath fortify'd the naked Part with a dry hard Scab which fell off in like Manner, when the Wound was perfectly heal'd; for before, there was danger lest by any violent pulling it off, the Ulcer would have grown raw again, if it be proper in this Case to call it by the

Name of an Ulcer, which presupposeth purulent Matter, whereas here was not any, so much as the thinnest Moisture that could be, seen to come from the Wound in all that Time. As in like manner, where this my Advice has been taken, no Matter at all has been seen to come from the Head or other Parts of such Patients, as it has been my Fortune to attend, either with Surgeons or without them, except only in one Wound, which a Person of the First Rank who was 84 Years of Age, had in his Leg ; where altho' the Blood had been repell'd by the speedy and continued Application of COLD WATER ; yet a small Quantity of purulent Matter came from the Wound on the sixth Day after the Hurt receiv'd, but without any previous Pain or Heat in the Part ; and therefore the Surgeons being presently call'd, were of Opinion, That to perfect a Cure it was proper to make use of suppurating Remedies, which when they had without my Knowledge apply'd, the Patient was in Pain, and a great deal of purulent Matter came from the Wound, whereupon I being call'd again, immediately caus'd those Medicaments to be taken off, and cleansing the Wound with Whey, I apply'd a Plaister to it, which is commonly call'd *Emplastrum Diapompholigos*, which being well covered with

with dry Linnen Clothes, I put on the out Side others dipp'd in COLD WATER well wrung, and ever and anon I chang'd them. I did this for at least a quarter of an Hour, that the Part affected might be freed from all Heat and Pain: Which Application I caus'd to be repeated after the same Manner for the Space of four or five Days together, and to be renew'd till such Time as the Wound was heal'd up, not the least Drop scarce of purulent Matter coming from it all the Time. So at other Times, while a thin Egg-skin as aforesaid was sticking to the Wound, and when there was very little or no Sense at all of Heat or Pain, I have order'd a Linnen Cloth dipp'd in COLD WATER and well wrung, to be wrapp'd about the Place as above, that so the Penetration of the Cold might help it, and moisten the said Skin without pulling it off; yet if, as has been said, you perceive any Thing under the Skin, you must take it off, and after cleansing the Wound, put to it the aforesaid *Emplastrum Diapompholigos*, and then cover the Place with a Linnen Wrapper dipt in COLD WATER, and afterwards well wrung, as above.

Neither was I at all restrain'd from making use of the aforesaid Experiment, by that Aphorism of *Hippocrates* Lib. 5. Cap. 23. where

where he says, *Frigidum non esse admoventum ad ipsa unde fluit sanguis, aut fluxurus est*, i. e. That Cold Things are not to be apply'd to those Parts whence Blood either already issues, or is like to issue: For he there speaks of Wounds which are cured by Suppuration; neither was it ever imagin'd then that COLD WATER of which he there Treats, could heal up Wounds perfectly by the first Intention: And tho' 'tis true, COLD WATER makes Sores prick and shoot, yet much more regard ought to be had, as *Hippocrates* adviseth elsewhere, to the exceeding great Benefit that will follow, than to the little Uneasiness, as it is certainly very little in comparison, which is caus'd by the Pungency of Cold Applications.

COLD WATER *cureth Wounds
even when a Nerve is hurt.*

Here I think a Question may well be ask'd, whether such an Application of COLD WATER for a good while together, as above, may not be of Use in the Cure of Nerves which have been hurt either by a Cut, or by a Prick, where the Surgeon by carelessly Opening a Vein, either by a Lancet or other Instrument, has unluckily hit
upon

upon a Nerve, from whence, be the Prick never so finall, Impostumations and Gangrenes commonly follow, yea and Death it self. In such Cases, some of our Authors will not hear of applying cold Things to the Wound at first, nor such astringent Remedies as are commonly apply'd to other Wounds. Thus for instance, *Paræus* would not allow of this way of Proceeding in the Cure of the King of *France*, whose Surgeon had prick'd a Nerve in the Letting him Blood: But the Course he took, was to pour into the Wound Oyl of Turpentine warm, mix'd with a little Aquavitæ, which dry'd up the Nerve, and the Sharp Humour proceeding from it, which had put him in great Pain; so that by this Means, not only the present Evil, but all Apprehension of the other above mention'd Accidents immediately ceas'd.—But if that Application of his had not answer'd his Expectation, he resolv'd to have burnt the Nerve, by pouring in some Drops of scalding Oyl, or perhaps, he would have cut it rather than have suffer'd the fatal Atropos to have cut the Thread of the King's Life asunder.

Paræus consider'd, that notwithstanding the Application of these Hot Things, the Humours should be prevented from flowing to the Part affected, lest the above-mention'd

tion'd Accidents should happen ; therefore, at the very Beginning, he made use of refrigerating and repelling Applications over the whole Arm, fortifying it with a very streight Rowler, which bound down the Muscles from the Hand-wrist to the Shoulder.

But since this Cure of Wounds by the Application of Hot Things, is accidental only, like the Cure of a burnt Finger above-mention'd, why should we not rather go the direct Way to work by Curing contraries with contraries and by the Application of COLD WATER, try to repel the Blood and Spirits from the Part affected, and to suppress the sharp and painful Humour which draws them to it? For that this will do, is plain enough from the various Cures of Wounds made in the Hands and Fingers (which abound with Nerves) by the Bite of Dogs or by some sharp Instruments ; all which by this Advice of mine, (I say it again,) by only Bathing the Wound a considerable Time in COLD WATER, and sometimes changing it, have been perfectly cured in three or four Days Time without any Suppuration at all. Of this I can give a special Instance, in a very large deep Wound which was made by a Hatchet, where a Part of the Back of the Hand and the Forefinger were cut to the very Bone.

Which

Which that it could not possibly be, without the Hurting of a Nerve, and probably the Cutting it off (which however made the Wound much less dangerous than if the Nerve had been only prick'd, or but half cut off) appears plainly from hence; because that when the Cut on the Finger was quite elosed up and heal'd, the Party entirely lost the Use of it for ever. And although in these and the like Wounds, there uses to be some Pain in the Part next Day, and the Hand will begin to swell, yet by such Immersion or Bathing, both the Pain and Swelling will vanish, and if it be but quietly kept up in a Scarff fasten'd about the Neck, the Party will never know either any more. Yet nevertheless in a Case so dangerous as the Pricking of a NERVE, which after tedious and tormenting Pains, together with the aforesaid Accidents, has carry'd so many thousands to their Graves, I willingly submit this Use of COLD WATER (tho' nothing can promise better Success) to the Examination and Approbation of the most Skilful in our Profession.

But I dare assert, from the most certain Knowledge prov'd by long Experience, that COLD WATER not only may, but necessarily ought to be apply'd to the aforesaid Wounds, and especially those of the Face,

for avoiding unseemly Scars, and the other above-mention'd Inconveniencies; and since I have by frequent and curious Observation been thorowly convinc'd of the happy Success of it, I have endeavour'd to persuade many Surgeons, and some too of the greatest Note, that in the Cure of Wounds (where neither the Greatness, nor the Depth of the same, nor the Clotted Blood adhering to them, nor the too violent Eruption of the Blood from some great Vessel, nor a Fracture in the Skull, nor a Wound being in the Breast, or Belly, nor any other Impediment hinders) they should leave their old Road in the first Application, and by making use of so Present and Easy a Remedy, aim at the speedy Gratification of their Patient's Desire, and that, as they would preserve a good Conscience (which is wounded where any Cure is protracted longer than it need) they should be more solicitous of their *Own* and the Reputation of their *Art*, than of private Lucre. And I must tell you, that trusting to my Advice, and finding the Success answer the Experiment, they have confess'd that it was to be preferr'd before all others, tho' they were very sensible that they should be considerable Losers, by bringing so simple a Remedy as COLD WATER into common Practice.

C O L D

COLD WATER *recommended by
some as an Antidote against the Bite of
Mad Dogs.*

I am loth to conclude without adding the Opinion of some, that those who have been bitten by a Mad Dog, may, by the Application of **COLD WATER** to the Part affected, or rather by Bathing it in **COLD WATER**, be preserv'd from what they call *Hydrophobia*, or the *Dread of Water*; and they perswade themselves that the Venom of the Bite is by this means over-power'd and expell'd. And for the Probability of their Hypothesis, they quote that ancient Philosopher and eminent Physician *Cornelius Celsus*, who writes that the only Remedy in this Disease, is to throw the Party that is troubled with it, unawares, into some Fish-pond or River; and when he is thus plunged in over Head and Ears, to let him stay there so long till he is glutted with *Water*, against his Will; which, says he, at once cures both his *Thirst* and his *Dread of Water*. For so great is his Dread of it (tho his Thirst after it is immoderate) that he is in the wretched Condition of *Tantalus*, and

no Intreaty, nor Reward, nor Compulsion can prevail on him to take down the least Drop of any Liquor whatsoever, as I have often seen and try'd. Now, say they, if Immersion be of Use when the Party is overtaken with an *Hydrophobia*, why should it not rather be more serviceable in preserving him from it, especially if it be speedily try'd and often repeated? And since it is much easier to prevent a Disease than to cure it, 'tis therefore a Custom to this Day, to throw such as are bitten by a Mad Dog, into the Sea, or if they are Beasts, into some River, and to repeat it several Times; by which Repetition of the said Practice, they suppose that the Venom is the more easily suppress'd, and the Party who is bitten will be so much inur'd to the *Water*, that at length he will not fear it at all. And they add, that this which has been the Practice time out of Mind, would not have continued, as it does to this very Day, if the speedy Use, and frequent Repetition of it had not prov'd, to some, very beneficial. But these Reasons having no solid Foundation may easily be overthrown: For 'tis certain that this Venom is not extinguish'd by the *Water*, nor indeed by any long Decoction of it, as is too evident by the miserable Death of several

veral upon Eating the boil'd Flesh of such Beasts as have been bit by Mad Dogs ; nor has the *Water* any more Power over other Poysons, for instance the Pestilence: But that the *Water* it self is rather infected by the Venom, is so clear a Truth that it needs no Proof ; and that a Fisher is infected by the Poyson of the *Torpedo*, or the *Cramp Fish*, tho' it be diffused under the *Water*, the Proverb it self (*piscator ictus sapit*) sufficiently shews.

N. B. Our Author concludes with a Distich from one of Ovid's Epistles, which I have put in the Front of this Translation, and which I take the Liberty to render thus :

*In vain the knotty Gout to Physick flies,
WATER alone the certain Cure supplies.*

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